



# DAVIS COUNTY HEALTH DEPARTMENT

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## News Release

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## Davis County Walks 5K Walk/Run Promotes Physical Activity

(Farmington, Utah) – The Davis County Walks wellness program encourages Davis County residents of all ages to become more physically active. This year's Davis County Walks event kicks off at 7:30 a.m. on Saturday, Aug. 18th, with a 5K Walk/Run at the Legacy Events Center, 151 S. 1100 W., Farmington.

“We invite everyone to take the first step to better health and participate in this Davis County Walks 5K event,” said Lewis Garrett, director of the Davis County Health Department. “There are many benefits to walking. Research shows a 30%-40% reduction in the risk of heart disease and 50% reduction in the risk for premature death,” he said.

Sally Kershisnik, director of county health department's Family Health and Senior Services Division, takes those benefits a step farther. “Walking is a great physical activity to maintain a healthy weight and reduce the risk for chronic disease including cancer, heart disease, and diabetes,” she said. “Whether people join us on August 18th to walk or run this easy and flat five kilometer course, they'll have a good time doing something that is fun and healthy for them.”

According to the 5K-event organizer, Jessica Hardcastle, “We encourage participants to pre-register for the event by Friday, Aug. 10th, for only \$20. Hardcastle, with the health department, said, “Registration on the day of the 5K event costs \$25 and takes place from 6:30 a.m. until 7:15 a.m. at the Legacy Events Center.”

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“While there is no cost for those 60 years of age and older, individuals 59 and under only cost \$20 if pre-registered by Aug. 10th,” Hardcastle said. “Each participant receives a moisture-wicking T-shirt. We’ll provide refreshments at the finish line.”

“We’ve set up the 5K event with overall and senior categories broken down for males and females,” she said. “Our top finishers in each category will receive cash prizes. Also, drawings for other prizes will be held to include everyone participating in the 5K,” Hardcastle said.

“With the positive response from last year, we’re continuing this year with a Kids Fun Mud Race starting at 9 a.m.,” said Hardcastle. “All of the younger kids who complete the specially-marked, non-competitive, mud course near the Davis County Fair area will get a participation prize.” There isn’t a charge but pre-registration is required for this extra event, she said. “Have the kids wear their grubbier clothes because they are going to get muddy and wet,” Hardcastle said. “Please be sure to bring a towel because local firefighters will be there to help clean off your kids after they’ve run in the mud,” she said.

Pick up registration forms at the Davis County Health Department at 22 South State Street, in Clearfield, or register online at the Davis County Walks website at [www.daviscountyutah.gov/dcw](http://www.daviscountyutah.gov/dcw). For more information, contact Health Promotion at (801) 525-5050.

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